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Uptown champurrado lady keeps 'em sweet

Dulce. Street vendor Catalina Soriano Salas is competing for best street drink in the Vendy Awards next month.

It's not rush hour, but Catalina Soriano Salas is busy wrapping tamales in foil and ladling cups of arroz con leche into Styrofoam cups at her cart outside the 191st Street subway station in Washington Heights.

Closer to St. Nicholas Avenue is her husband, Juan Alejandro, who slices oranges and squeezes fresh juice for morir sonando translated as "to die dreaming" — a sweet drink that consists of orange juice and evaporated milk over ice.

Their son, Juan Jr., 10,

keeps an eye out for bees, swats a few with a towel before retiring to the front seat of their Ford Explorer to watch a video on his phone.

For the last year or so, the 1 train's 191st Street station has been home of Catalina's Champurrado. Before that, Soriano, 43, would wake up at 3 a.m., cook, leave by 8:30 and push her carts through the streets until early afternoon, selling champurrado — a thick chocolate and corn drink — and other goods, and ducking back home again when she ran out to cook again.

"It was totally exhausting," Soriano Salas said, speaking through an interpreter. She did that for seven or eight years.

She now sets up camp outside the subway station, with a shopping cart full of coolers, plates and utensils to feed her hun-

Quotec

"If they don't buy it, I don't make it."

Catalina Soriano Salas

gry customers.

Soriano Salas is one of about 2,000 street vendors that are members of the Street Vendor Project at the Urban Justice Center, a non-profit group that advocates for street vendor rights.

She's competing in next month's Vendy Awards on Governors Island.

The annual street food competition, now in its 11th year, is holding a street drinks category for the first time.

Catalina's Champurrado is up against four other street drink vendors who have websites and social media pages.

But Soriano Salas said she started her business because she wants to spend more time with her five children, aged 6 to 19, and give them the opportunity to go to school — an opportunity she didn't herself have growing up in Oaxaca, Mexico.

Soriano, who came to the U.S. 16 years ago, said her food is tailor-made to satisfy her regular customers' needs.

"If they don't buy it, I don't make it," Soriano Salas said.

Like many street vendors in the city, Soriano Salas is licensed to sell food but does not have a permit for a street cart.

According to the Street Vendor Project, the number of permits given out are capped, and can sell for about \$20,000 on the black market.

Although she's never gotten a ticket for not having a permit, she wants to eventually have her own cart to cook tacos and tortillas fresh on the street, so her customers can see her prepare their food fresh.

^aIt is a risk, and I ask God to take care of me when I go out," Soriano Salas said.

Health Department spokesman Levi Fishman told Metro that the number of food cart permits are capped at 2,800, a number set by the city's administrative code and City Council, and not the health department.

"Our job is to issue permits to make sure everyone is following the law," Fishman said, adding both the police and health department give out tickets for food cart violations.

The number of year-todate violations was not provided by deadline.



WENDY JOAN BIDDLECOMBE Wendy.Biddlecombe@metro.us

MTA. Rush-hour delays expected on Queens Blvd. line



E, F, M and R train riders: Expect crowded trains and rush-hour delays from now through Labor Day.

The MTA is urging riders to leave earlier and plan ahead while the agency repairs express tracks from Monday, Aug. 17 through Friday, Sept. 4.

Some express E and F

trains will run on the local track, and all trains will travel 10 mph through construction zones, reducing the number of trains in service, the MTA said in a press release.

The express trains traveling on the local tracks means less M and R trains will be able to run on the same tracks.

E trains will not run to or from Jamaica-179th Street, and riders should instead take the F train and transfer at Union Turnpike.

The MTA said the repairs are "necessary to keep the express tracks in a state of good repair along the Queens Boulevard line, which is

the second-busiest line in the entire subway system," and that the work was scheduled for the last three weeks of the summer, one of the slowest periods for subway ridership.

Subway riders can check train statuses online at MTA.info.

WENDY JOAN BIDDLECOMBE

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East Coast

Heat wave hitting New York City, Philadelphia, DC this week

A heat wave hit New York as temperatures reached into the 90s on Monday.

Although Central Park has not had an official heat wave since July 2013, that's all changed with the recent torrid temps.

The mercury reached 93 in Central Park on Monday, after hitting 91 on Saturday and 92 on Sunday, according to the National Weather Service.

Tuesday's temperature is expected to reach only 90.

It's no better along the Eastern Seaboard. Humidity levels will get pushed higher as temperature climbs approaching the century mark throughout the mid-Atlantic, according to AccuWeather.

By Tuesday, temperatures will go down a notch in the Carolinas and Central Appalachians, with little relief in the Northeast.

Health experts are advising residents in the Northeast and mid-Atlantic region to drink plenty of water, wear light clothing and avoid any strenuous activity during the peak hours (midday and afternoon) in order to prevent heat exhaustion or stroke.

KARINA E. CUEVAS

Powdered alcohol now banned in NY



Illegal. New Yorkers will have to go elsewhere to get their hands on "Palcohol."

Powdered alcohol has officially been banned in New York State — long before it was set to hit the shelves.

Gov. Andrew Cuomo signed off on a ban of the novelty substance on Aug. 14. It is the latest in New York State's long trend of regulating what lawmakers believe to be dangerous alcoholic goods.

New York isn't the first state to ban the freeze-dried, powdered alcohol, also known as Palcohol, which is designed to mix with water to become either standalone shots of liquor or full-fledged cocktails.

The state joined 21 other states in banning powdered alcohol. Sen. Chuck Schumer has also spent the last year pushing a federal law to ban it before the Federal Drug Administration can investigate any possible dangers from powdered alcohol.

But what lawmakers warn is too attractive a dan-

ger for underage New Yorkers, Palcohol creator Mark Phillips described as innovative. He called out the state's ban as backward.

state's ban as backward.

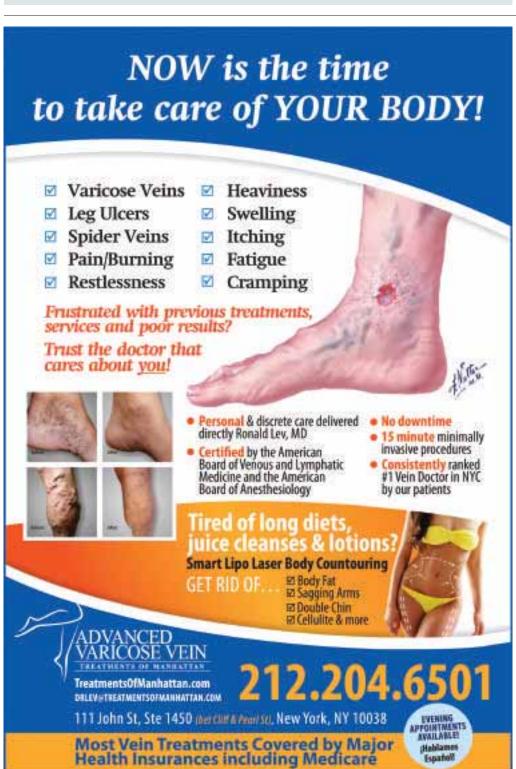
The bill made it to Cuomo's desk without a public hearing or expert medical testimony, said a spokesman for lead sponsor, state Sen. Joseph A. Griffo, who became active on the matter after his own conversations with local rehabilitation experts and law enforcement in his upstate district.

Cuomo specifically called powdered alcohol "a public health disaster waiting to happen" last week, but his office was not able to respond to questions about the medical expertise that went into the decision to ban it by press time.

"They're just making stuff up, speculating how it might be used," Palcohol's Phillips said, adding that creating a black market could end up enticing kids to seek it.

"For the legislators and governor to make a decision about a product they know nothing about is irresponsible," he added.







Trump does his civic duty

Service. The Donald signed autographs on his way into court. He was not selected for a jury.

Billionaire presidential candidate Donald Trump completed his jury duty in one day on Monday, signing autographs and giving a fist-bump to a supporter amid a swarm of media.

Trump, the frontrunner in a crowded Republican field, arrived at Manhattan Supreme Court earlier in the day in a black limousine to join fellow New Yorkers to possibly be selected to cast a verdict in a trial.

He was released along with other jurors early in the afternoon as court officials reported no juries were needed for the few cases eligible for trial in the less-busy month of August.

Trump was greeted by a throng of reporters and television crews numbering around 100 people. He left for a lunch through an even larger crowd, signing autographs and taking questions while walking down the courthouse steps to his limo.

Leaving the court at the end of the day, Trump said: "It was an amazing time. I met some really incredible people."

Trump, 69, sat in the jury room with some of the 172 potential jurors who came Monday to possibly serve on civil trials.

With the presidential candidate in a front-row seat, a jury supervisor, Irene Laracuenta, reminded those in attendance of their responsibilities, noting "everyone has some other place they want to he"

During a break, Trump made phone calls in a sequestered hallway, guarded by two officers.

"Everyone has a right to their own privacy," Dennis Quirk, president of the New York State Court Officers Association, told reporters.

As the break finished, Trump took a selfie with a lawyer and autographed a court artist's sketch. Going back into the jury room, he waved as someone shouted: "Mr. Trump, save this country, will you?"

Back in the jury room, Trump followed the pattern of fellow potential jurors, crossing his arms across his chest and appearing to doze off for several minutes.

In the afternoon, he spent time talking to reporters about everything from politics to his neckties and his love for Oreo cookies, as well as his respect for the jury system.

"It's a very professional process," Trump said. "Very impressive." **REUTERS**

Chelsea LGBT center

LGBT health center opens in the South Bronx

A Chelsea LGBT center has opened in the South Bronx in an effort to keep up with the growing medical needs in the city's critically underserved borough.

Helping fund the brandnew Callen-Lorde facility, which opened Friday at the



site of the old Brook House Furniture building in Melrose, is a \$650,000 grant from monies earmarked for community clinics by President Barack Obama's Affordable Care Act.

The Callen-Lorde clinic is in a 3,500-square-foot suite of BOOM!Health's five-story, 35,000-square-foot nonprofit Wellness Center at 3144 Third Avenue.

"We are one of several

LGBTQ-focused community health centers nationwide being recognized as an integral part of the health care system that will ensure culturally and clinically competent health care is accessible to all," said Wendy Stark, Callen-Lorde's executive director.

More than a thousand of Callen-Lorde's patients in Manhattan live in the Bronx. JOHN A. OSWALD

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Homes. 81 pets get adopted at the **ASPCA's Clear the Shelters Day**

Hundreds of dogs and cats crossed their paws in hopes to get adopted on Saturday during a nation wide event for shelter animals.

During the Clear the Shelters Day, hundreds of potential adopters lined up on an entire block at the American Society for the Prevention of Cruelty to Animals' (ASPCA) 92nd Street location.

Many were excited to meet their furry match among hundreds of dogs and cats at the shelter. Some even went home with two pets when initially they were only planning for one.

"I would take five if they would let me," said Erica Pizarro, 29, who already owns three cats. "I had no idea about the event and I just lucked out.'

As part of the one-day event, shelters across the country agreed to waive the adoption fees. About a dozen states and more than 300 shelters across



the country participated in the event, but each site still went through their individual adoption process.

"If you plan on going to a major event like this, definitely do your homework and make sure you have all the necessary requirements," said Joseph Teixeira, manager of customer relations at the ASPCA.

"Leave yourself enough time and be prepared for a wait and a crowd.

The event helped adopt 18,034 pets nationwide, and the number is still rising. The ASPCA alone adopted out 81 animals and granted \$115,000 to 15 organizations nationwide for the event. KARINA E. CUEVAS

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Witness: Suspect raving about 'devils'

Morgan Freeman mourns grandkid as NYPD makes arrest

New York City cops on Monday charged the boyfriend of actor Morgan Freeman's granddaughter in her brutal multiple stabbing death on an upper Manhattan street.

Lamar Davenport, 30, appeared to be performing an exorcism as he plunged a knife 16 times into 33-year-old Edena Hines' chest.

It was 3 a.m. Sunday morning at St. Nicholas Avenue and West 162nd Street when the vicious and bizarre scene unfolded.

'Get out, devils! I cast you out, devils, in the name of Jesus Christ! I cast you out!" Davenport shouted, George Hudacko, 65, told The Daily News.

Hudacko, who was standing in his thirdfloor window, said he



felt helpless.

'I watched someone get murdered, and there was nothing I could do," Hudacko added.

Freeman thanked fans for their thoughts and prayers.

The world will never know her artistry and talent, and how much she had to offer," Freeman said in a statement.

"Her friends and family were fortunate enough to have known what she meant as a person. Her star will continue to shine bright in our hearts, thoughts and prayers. May she rest in peace." JOHN A. OSWALD

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Tuesday, August 18, 2015

NEWS 8

Tianjin protest expert.

'China does not pay compensations'

Residents of the Chinese city of Tianjin are demanding compensation from the government in the aftermath of explosions at a chemical warehouse on Aug. 12 that caused damage to at least 17,000 homes.

A number of small protests sparked on Monday as people are refusing to return to their homes even after they have been ruled safe.

High levels of sodium cyanide, a lethal chemical that can be fatal if inhaled or ingested, have been reportedly detected in the area by wastewater monitors. We talked to Fahim Masoud, analyst at the foreign affairs publication International Policy Digest.

Why are the authorities reluctant to compensate local residents?

The incident in Tianjin is a tragedy and one that

will have large ramifications for the government of China. China does not want to pay compensations because it's afraid of the domino effect theory. How many other big businesses are there that have been built in such a way that may blow up in the future? This requires a large compensation. China doesn't want to keep paying for such incidents that will claim lives and will cost millions.

Do you think people's protests will lead to something?

Yes, they will lead to some sort of answers. The Chinese government will be obligated to respond. As the authorities are so furtive, we may not be able to see what kind of a deal will be reached by the families of the lost and by the Chinese government.

DMITRY BELYAEV, MWN

FIFA official proposes abolishing executive committee in reform

Governing body. FIFA's new
15-member reform
committee is due
to meet in
mid-September.

An official overseeing reform efforts at FIFA has produced a radical blueprint for reform of soccer's scandal-hit governing body, including the abolition of its powerful executive committee, according to a person with knowledge of the plan. Domenico Scala, the independent chairman of FIFA's Audit and Compliance Committee, proposes replacing the executive committee with



a dual structure. There would be a management committee including independent professionals charged with ensuring FIFA's day-to-day running and a governing council playing more of an oversight role, the source said.

The governing council, which would have a lot

less power than the executive committee, would be elected by FIFA's Congress, which consists of representatives from its 209 member associations around the world. FIFA is facing unprecedented pressure to reform following the May indictment by U.S. authorities of nine

FIFA four-year terms

3

His reform plan also includes the introduction of term limits for all elected officials. They would be limited to a maximum of three four-year terms.

current and former soccer officials on bribery-related charges. Many of them had served on the executive committee or in other FIFA positions.

But the proposed reforms are likely to face huge resistance from many within FIFA and from six regional soccer confederations, who currently wield a lot of influence because they nominate members of the executive committee. REUTERS

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Seven things you need to know

White House launches plan to counter explosion in heroin use

The White House announced a new strategy on Monday to tackle the explosion in heroin use in a collection of eastern states, focusing on treating addicts rather than punishing them and targeting high-level suppliers for arrest.

The move is a response to a sharp rise in the use of heroin and opiate-based painkillers, which the U.S. Centers for Disease Control has described as an epidemic.

. Heroin use has more than doubled among people aged 18-25 in the United States in the past decade, according to CDC figures, while overdose death rates have nearly quadrupled. An estimated 45 percent of U.S. heroin users are also addicted to prescription painkillers.

Announcing the Heroin Response Strategy on Monday, Michael Botticelli, director of National Drug Control Policy, said the new plan will address the heroin and painkiller epidemics as both "a public health and a public safety issue."

Under the plan, \$2.5 million of \$13.4 million in new funding to combat drug trafficking will target regions the White House said are facing a severe heroin threat: Appalachia, New England, New York, New Jersey, Philadelphia, Washington, D.C., and Baltimore.



Death toll from California midair crash rises to five

The death toll from a midair collision between an executive jet used by military contractor BAE Systems and a small plane over Southern Cali-. fornia has risen to five.

The fiery crash left debris and bodies scattered over more than a mile and sparked brush fires in the area where the wreckage landed near the U.S. border with Mexico, San Diego-based Cal Fire Division Chief Nick Schuler said on Monday.

A twin-engine Sabreliner crashed with a single-engine Cessna some two miles from Brown Field Municipal Airport in San Diego County, Schuler said.

Maryland 'Batman' dies, struck by car

A Maryland man famous for an online video where he was stopped by police while wearing a Batman costume died after his customized "Batmobile" broke down along a state highway.

The man, 51-year-old Leonard Robinson, began wearing the suit for visits to children's hospitals, where he handed out knickknacks bearing the logo of Batman.

He was killed late Sunday night after his car broke down on an interstate highway and stopped, partially in the fast lane. He had gotten

out of the car and was checking the engine when another vehicle collided with his.

REUTERS ROBINSON

Planned **Parenthood** seeks injunction against Florida health agency

Planned Parenthood sought an emergency legal injunction on Monday against Florida health officials to block the use of what it says are "new and unpublished" standards to define pregnancy gestation periods.

The legal move filed in circuit court in Tallahassee comes after Florida's Republican Governor Rick Scott ordered a probe last month of the state's 16 Planned Parenthood locations which resulted in three clinics being cited Aug. 5 for illegally performing abortions in the second trimester. **REUTERS**

Army parachutist dies at Chicago air show

A U.S. Army parachutist died on Sunday, a day after he was involved in a midair collision with another parachutist during a Chicago air show, local media reported.

Army Golden Knights parachutist Corey Hood had collided with an unidentified Navy parachutist during the Chicago Air & Water Show, the Chicago Sun Times reported.

Hood, who was from Cincinnati, served five tours of duty in Iraq and Afghanistan. He had logged more than 575 jumps, according to the Army. REUTERS

Former NFL players object to concussion settlement

Former National Football League players who oppose the league's potential \$1 billion settlement of lawsuits claiming it hid the risk of concussions asked a federal appeals court to throw out the accord.

In a filing with the 3rd U.S. Circuit Court of Appeals in Philadelphia, 10 former players said the settlement covering

more than 5,000 retirees was unfair because it excluded players yet to be diagnosed with chronic traumatic encephalopathy.

These players, including five-time Pro Bowl defensive lineman Fred Smerlas, said the settlement unfairly favored currently injured retirees over those merely exposed to head trauma, and left a potential 19,000 players who have yet to be diagnosed with neurological diseases without a remedy.

the height of hypocrisy for the parties to defend a settlement that offers nothing for CTE to the vast majority of class members by arguing that those claims could not prevail at trial because the science is too new," lawyer John Pentz wrote for the objecting players.

As many as a dozen appeals were expected, covering about 90 retirees including Hall of Fame linebacker and defensive end Charles Haley and Pro Bowl guards Alan Faneca and Nate Newton. **REUTERS**

Results Not Typical

cyberattacks more extensive than previously thought

IRS says

The Internal Revenue Service said Monday a hacking attack into one of its computer databases revealed in May was much more extensive than previously thought, with nearly three times as many taxpayers hit by data theft.

The IRS said in late May the tax return information of about 114,000 U.S.

taxpayers had been illegally accessed by cyber criminals over the preceding four months, with another 111,000 unsuccessful attempts made.

A new review has identified 220,000 additional incidents where data was breached, the tax collection agency said. It identified another 170,000 suspected failed attempts by third parties to gain access to taxpayer data.

The attackers sought to gain access to personal tax information through the agency's "Get Transcript"

online application, which allowed taxpayers to call up information from previous returns. The system was shut down after the May attacks.

"The IRS believes some of this information may have been gathered for potentially filing fraudulent tax returns during the upcoming 2016 filing season," the agency said in a statement.

It added that it will soon begin mailing letters in the next few days to people whose accounts may have been accessed. REUTERS



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Bangkok bomb kills 19, dozens hurt in bid 'to destroy economy'

Blast. At the scene lay burned motorcycles, rubble from the shrine's wall and pools of blood.

A bomb planted at one of the Thai capital's most renowned shrines on Monday killed 19 people, including three foreign tourists, and wounded scores in an attack the government called a bid to destroy the economy.

There was no immediate claim of responsibility for the blast at the Erawan Shrine at a major city-center intersection. Thai forces are fighting a low-level Muslim insurgency in the predominantly Buddhist country's south, but those rebels have rarely launched attacks outside



their heartland.

"The perpetrators intended to destroy the economy and tourism, because the incident occurred in the heart of the tourism district," Defense Minister Prawit Wongsuwan told Reuters.

Several media outlets had earlier reported that 27 people were killed, but Somyot Poompan-

Quoted

"There were bodies everywhere. Some were shredded. There were legs where heads were supposed to be. It was horrific."

Marko Cunningham, a New Zealand paramedic working with a Bangkok ambulance service moung, the national police chief, told reporters the death toll was 16 in an attack he said was unprecedented in Thailand.

"It was a pipe bomb," Poompanmoung said. "It was placed inside the Erawan Shrine."

The shrine, on a busy corner near top hotels, shopping centers, offices and a hospital, is a major

attraction, especially for visitors from East Asia, including China. Many ordinary Thais also worship there.

ship there.

The government would set up a "war room" to coordinate the response to the blast, the Nation television channel quoted Prime Minister Prayuth Chan-ocha as saying. REUTERS

Clashes

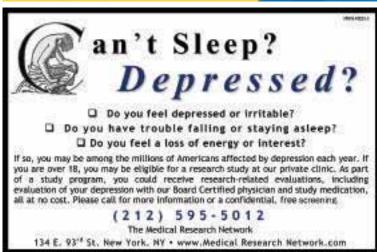
Civilians, soldiers die in east Ukraine fighting

Fighting flared between Ukrainian forces and Russian-backed rebels in separate parts of eastern Ukraine overnight, killing at least two Ukrainian soldiers and several civilians, Kiev's military and separatist sources said on Monday.

The clashes, near the port of Mariupol in the southeast and at rebelheld Horlivka, further frayed an increasingly tenuous cease-fire as Ukraine prepared to mark its Independence Day next week.

Kiev accused the separatists of shelling civilians on the outskirts of Mariupol. In Moscow, Russian Foreign Minister Sergey Lavrov blamed Kiev for the violence, giving no detail but saying he suspected Ukraine was preparing a new offensive. REUTERS





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Harry Styles calls up Zayn Malik's ex



Ever since ex-One Directioner Zayn Malik ended his engagement with Little Mix's Perrie Edwards via text message three weeks ago, she's been getting a lot of support from her friends and fans. But recently, she received a phone call from someone she didn't expect: Harry Styles. Styles wasn't moving in on Malik's girl come on, now — he was checking in on Edwards

Twitter feed

nna got a puppy, n O'Brien is hoping

to further her edu-

on, Perez Hilton knows

doesn't have his vote, Sarah Silverman has

conversation goals.

@ConanOBrien: I r

@Madonna: Gypsy Rosa

Lee.....best birthday

present ever! #rebelheart

ally hope "Straight Outta Compton" kept the scene

@AZEALIABANKS: Ho does one take an online course? what does that

@PerezHilton: #Don-aldTrump continues to say

dumb things and criticizes #HeidiKlum's looks!!

@SarahKSilverman: Gonna

work the word pizzazz

into more sentences

o, Azealia Banks

and making sure she was doing OK. A source tells the Daily Star that Styles really understands what it's like to have a broken heart because his girlfriend dumped him when he was 14. While an eighth grade breakup isn't quite the same as ending an engagement, we're loving that Styles put the bros before hos rule aside to check up on Edwards. What a guy!

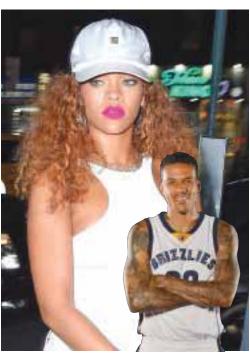


Kylie Jenner offered \$10 million to do porn

Kylie Jenner certainly doesn't shy away from flaunting her bod on Instagram, but would she ever consider doing porn? Vivid Entertainment seems to think so. TMZ reports that the porn film company sent her \$10 million in exchange for a sex tape of her and boyfriend Tyga.

"Kim's sex tape helped launch her career, and [this] would be nothing offer letter reportedly says. Apparently, the porn industry has been counting down the days she's gotten multiple million-dollar-plus deals. This is the world we live in, people.

Rihanna addresses dating rumors about the NBA's Matt Barnes



Memphis Grizzlies player Matt Barnes has no game off the court. Barnes has been using social media to try and woo Rihanna, but she is not feeling it. After Barnes Instagrammed his crush on the pop star and revealed on video to TMZ that hooking up with Rihanna was a "real possibility," Rihanna Instagrammed

a screenshot of the video captioning it "#bishwhere #thedevilisaliar #shesnotthatintoyou #shesnotintoyouatall #shesneverevenmetyou #thisactuallyhurtmyfeelings #defamationofcharacter." Barnes commented on the photo saying, "Hahaaa wow." A seven hashtag rejection? "Wow" is right.

'Today' show cuts off Janelle Monae's #BlackLivesMatter speech

"We will not be silenced," Janelle Monae told every one watching her on the "Today" show, right before she was silenced. The singer performed her song, "Hell You Talmbout," which is a tribute to victims of racial violence and then started to give a speech on police brutality and racism, but the show cut her off before she finished what she wanted to say. Here's what she was able to get in: "God bless America! God bless all the lost lives to police brutality. We want white America to know that we stand tall today. We want black America to know we stand tall today."



Emily Laurence takes on the world of gossip. **EMILY LAURENCE**

Daily video

That awkward moment when your armpit hair looks like a Troll's head

Buzzfeed continues to gift the universe with videos of people doing things we never wanted to see them do yet can't help but watch anyway. Today, they have a video of people dying their armpit hair all sorts of funky colors. Apparently, it's all the rage with kids these days. Only men are featured in the video, though they do say one reason for the colorful pit-hair trend may be to counter traditional ideas of female beauty. Whatever the reason, it's hard to look away. Watch the whole thing go down at Metro.us /entertainment.



Jenner a letter promising

but positive for you," the for Jenner to turn 18 and

13

Felicia Day: 'Your weirdness is your superpower'

YouTube. The Internet's favorite geek girl talks #GamerGate and how the Internet helped her discover her true self.

Felicia Day is the Internet personified. Just like searching online for any oddball obsession that might be looked down upon in real life, Day is open to trying pretty much anything, which she proves time and time again on her YouTube series "The Flog." Just this



season, the 36-year-old attempted pole dancing, fencing and neon sign making.
With 1.4 million

YouTube subscribers, the gamer, writer, producer and actress ("Buffy the Vampire Slayer," ' pernatural") has a fan base that expands across multiple mediums. But her new memoir, "You're Never Weird on the Internet (Almost)" is the first time she's shared her story in its entirety.

Internet connection

"I think it's a normal human impulse to want to connect with people. Growing up, I was homeschooled, which didn't allow me to connect with a lot of people in the real world," says Day about why she looked online to make friends. "As far as I remember, technology was a vehicle for meeting people and sharing my enthusiasm about some-

A lot of Day's personal interests, like gaming, comics and math, aren't

typically associated with women, and she says she faced a lot of sexism as a result. But her online sup-

port team has her back. 'There's a lot of pressure to conform to the cliche of what we look like, and that's why the Internet is an amazing place because it's really about your personality," she says. "It's a beautiful thing to counter the expectations of people either based on your gender or race, standing up and saying, 'You're ill-informed.'"

#GamerGate

Of course, the Internet hasn't always been warm and fuzzy for her. Last year, Day's personal information, including her address, was released online, subjecting her to being the target of stalkers.

"It was a very hurtful incident in my life and not just personally, but because I love gaming, and I love spreading the love of gaming," she says. "That's not my world of gaming. I know wonderful people through it, and I would hate for someone to be

dissuaded from being a part of the gaming world because of that incident. It's very sad.

Finding your superpower

There is a whole chapter in the book devoted to

#GamerGate, something Day hopes others will learn from. In fact, she hopes her memoir as a whole will spread positivity and inspire readers to be their own authentic weird selves.

"Our uniqueness is what we have to offer to the world," she says. "Your

weirdness is your superpower, and you shouldn't give up your superpower just because other people tell you to. That's the worst plot for a superhero



EMILY LAURENCE







Jemaine Clement is a normal dude

Interview. The Flight of the Conchords member and "People Places Things" star is not a deadpan machine in real life.

Jemaine Clement goes serious, for the most part, in "People Places Things," an indie in which he plays a father of two whose wife leaves him for another man. But it's still funny, and it still makes use of the Flight of the Conchords member's gifts for extremely deadpan comedy, requiring he deliver most of his lines in a manner that's still restrained. In person, it's worth noting, Clement is open, friendly and very prone to laughter. In fact, he laughs so much it can be, for those who've been watching his work for years, a touch disarming.

You've done a lot of work in New York City. Did you learn some new things by making a film about the parenting part of it, which is especially huge in Brooklyn?

There are parenting parts of the city. In one neighborhood, everyone's into wearing a Baby Bjorn. Schooling



some people. I live in New Zealand, where it's pretty much free. To send kids to school costs about \$70 a year.

to try something like this, which is a

One more thing

Back home You do a lot of

you still live in New Zealand. How do you find the comedy opportunities there? It's hard to do comedy in New Zealand, especially in television. Film's a bit more open in New Zealand, but TV, they're just imitating American

American work, but

TV. We would have to go to America, make a show, then go back to New Zealand and say, "We'll make a show like that American show." [Laughs] New Zealand invented those terrible "Pop Idol" shows, like "American Idol." They had a show about this band. The idea got copied and copied then changed, and then it became "Pop Idol" and

"American Idol." Then New Zealand copied that idea that we had in the first place. So we didn't have a chance there.

Has it improved?

There's a bit more comedy stuff. After we started here, I heard they were looking for a musical show, even though we'd been turned down in New Zealand.

little more serious?

I think that it [being] more serious made me more interested and more cautious. I wasn't worried about the drama or emotional moments, because I have emotions. I know [laughs] that I have emotions, and I project them in the normal human way. But would that be interesting to watch? Because when you do comedy, especially on the stage, you just want laughs all the time. You want a reaction all the time. Whenever the audience is silent, you're

Do you feel that same pressure to constantly entertain with more dramatic work?

I've known friends who've done dramas, and they don't know how it has gone till the very end. They may think it's dying, and at the end, the audience applauds. They go, "Phew, that was a long time to wait." I did a film with Steven Spielberg, and he said during "Jaws" he had nightmares for months. He didn't know it was a success till the day it came out. For months, he had no idea it would



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Aries Be assertive, not aggressive. You can make your point heard if you remain cool and present your arguments in a practical manner.



Taurus Making the final touches on unfinished projects will free you to start something new. You will be able to get a lot accomplished.



Gemini Positive advancement is quite possible. Staying in the background while hoping for something to happen will not bring you results.



Cancer You won't get far if you try to force others to do things your way. Do as much as you can on your own in order to come out ahead.



Leo A relationship looks promising. Don't think you can coast along without putting in extra effort. Events will provide you with prospects.



Virgo It's fine to be cautious, but spending too much time laboring over a new proposal is likely to lead to regret. Act quickly.



Libra Self-improvement projects will lead to unexpected offers. You will have a few options and will need to trust



Scorpio Your plans will be put on hold as events will require your attention. You will come out on top if you roll with



Sagittarius You can't do everything, so don't be afraid to ask for help. No matter what you are working on, others will gladly pitch in.



Capricorn Conditions around you will be uncertain. Stay out of the line of fire and work on your own projects at your own pace.



Aquarius Make the first move. Traveling for business will be to your advantage. You will make a stronger impression if you meet face-to-face.



Pisces Don't let self-doubt limit what you can accomplish. Getting ahead financially will be possible if you take on added responsibilities. EUGENIA LAST

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			9			2		
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3		4			5			8
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7		6		8		1		2
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Across

- 1 Like cobras and parkas
- 7 Tooth pro's deg. 10 Sushi-bar soup
- 14 Pink-eved rat 15 Fill with amaze-
- ment 16 Scott or Sandler
- 17 Holdups
- 18 State-of-the-art 19 Wordless actor
- 20 Romantic sight (2 wds.)
- 23 Portable boat
- 26 Corn Belt st.
- 27 Tiny amounts 28 Big party nights
- 29 No gentleman 30 Amatol ingredient
- 31 104, to Livy
- 32 Channels 2-13
- 33 Snugger
- 37 Dot in the Seine
- 38 Promise to pay 39 Homer Simpson's
- dad
- 40 Vocalist Sumac
- 41 Pantries
- 43 Family mem. 44 Bacon on the hoof
- 45 Wind up
- 46 NASA counterpart
- 47 Merry old king 48 Lake Nasser's dam
- 51 ls, for them
- 52 Mitigated

53 Andromeda, e.g.

- 56 Give an edge to 57 Annapolis grad
- 58 Discernment 62 Units of work
- 63 Air show formation
- 64 Lodae
- 65 Wildlife shelter 66 Soyuz destination
- 67 Polite word

Down

- 1 Villain's cry
- 2 Grand Opry
- 3 Kyoto sash 4 Nightclubs
- 5 nous
- 6 Capsule, maybe
- 7 Did the twist 8 Dork
- 9 Stitched together
- 10 Ice Age beast
- 11 Dunce
- 12 Pago Pago locale
- 13 Shaman's findings
- 21 Foul-ups
- 22 Faint traces
- 23 B. DeMille
- 24 Town near Madrid
- 25 Defiant reply
- 29 Notes played
- 34 Errors like thiss 35 Zola's name 36 Hit the ceiling

together

30 Shinbone

32 Type of sausage

33 Cornstalk tip

- 42 Most beloved 46 Tapes over
- 47 Horse on the range
- 48 Pale
- 49 Mushroom-to-be
- 50 Pilot's insignia
- 51 Keats' saint
- 52 Outdo 54 Strauss of denim
- fame
- 55 Org. for seniors 59 Hamm of soccer
- 60 Mag. staffers
- 61 Born as

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hard

		7		2		3		
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RAQUEL LANERI A RaquelLaneri raquel.laneri@metro.us

Still haven't decided where to go to college, or even if you can afford to go to a university — or grad school — at all? Why not consider getting your diploma online?

"The great thing about online degrees is that there's flexibility," says Emily Bartz, content manager at the consumer research group Next Advisor.com. "It's a great avenue for someone who is committed to getting a degree but can't go to school [from] 9 a.m. to 5 p.m."

Yet choosing an online college can be just as daunting as settling on a more traditional school. We asked Bartz about finding the best one for you.

Find a program that fits your needs

Every online program is unique — which is why knowing what you want to major in or what kind of job you want to find after graduating is key. "So many online colleges cater to specific needs and interests," says Bartz.

That doesn't just apply to specific areas of study but to lifestyle demands as well. For example, Bartz cites American Intercontinental University as a great option for those in the military. Not only are one in three AIU students military-affiliated, the school offers scholarships, flexible schedules and transferable credits to make the process as seamless as possible.

Talk to professors beforehand

If you're worried about balancing your familial or economic responsibilities with a college education, you can always ask for advice.

"The great thing about online colleges is that even if you aren't meeting your professor in person, you can get in contact with them before classes start and address some While online education may be more flexible, accomodating and affordable, it's hardly a walk in the park. "There's this misconception that online college is easier, but that is not true," says Bartz. "It can be more convenient, but it still requires focus and attention."

Work hard



of your concerns," says Bartz. "You can also contact the administration office and talk with them to help determine if the school is a good fit."

Apply for scholarships

Just like your traditional brick-and-mortar institutions, online colleges can vary greatly in price. "Sure, you're going to save online, but it is a college education, which means you will have to spend money," says Bartz.

But even if your dream program falls outside of your price point, you can still make it work.

"There are tons of scholarships, even for online colleges, so if you find a good school that you think fits your needs, you should reach out to them and see what kinds of scholarship opportunities they offer," Bartz says.

Make sure the school is accredited

It can be tempting if you don't have a big budget

to go for the cheapest option. But as online education has gotten more popular, programs offering fake, nonaccredited diplomas have popped up with alarming frequency.

Fortunately, it's easy to tell if a school is legit: The U.S. Department of Education has a database of accredited universities. "Just type in any name, and it will tell you right away," says Bartz. "It could be a smaller school that's still great but not that well known, but you should double check just to be safe."



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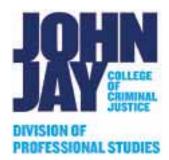
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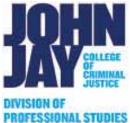
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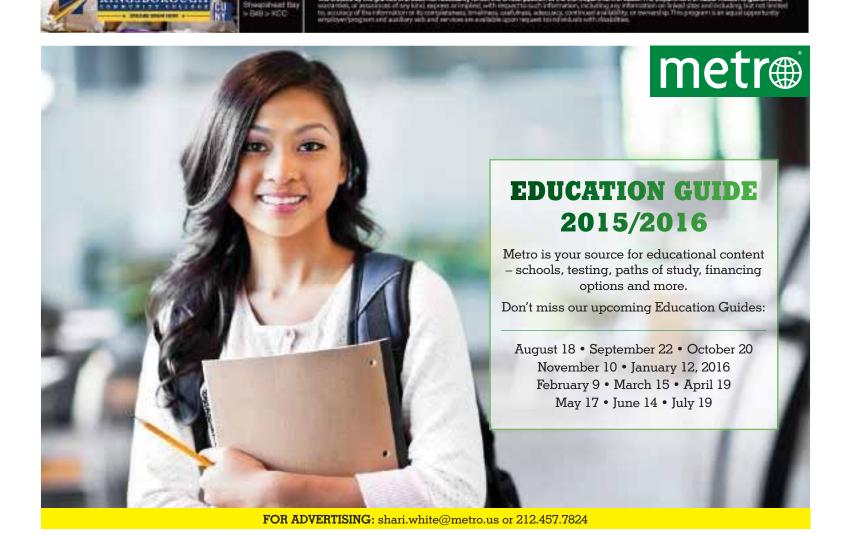


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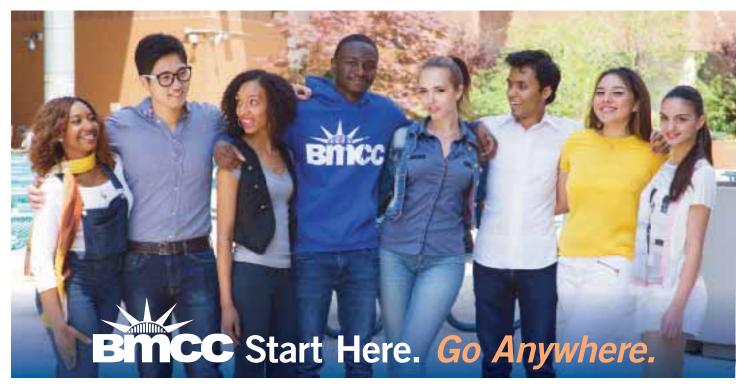
to students who are tomorrow's scientists and mathematicians, mentoring them toward national competitions, internships, CUNY-wide opportunities and scholarships.

Many students complete their degree requirements through clinical rotations at social service agencies, schools and hospitals throughout New York City. They also volunteer in programs to feed the homeless, and act as tutors, giving hope to high school students who want to make college their next step.

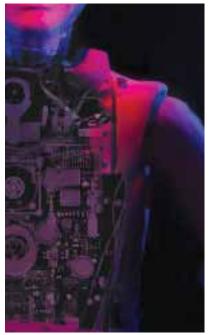
This all happens in an educational environment that is rich with many cultures. BMCC students come from over 150 countries, all five boroughs of New York City and all across the United States. The diversity on campus deepens classroom discussions and opens students' eyes to emerging career opportunities and new academic directions.

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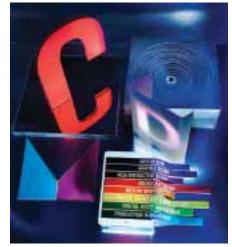
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Can trans women expect the Caitlyn Jenner Effect?

Facial feminization specialist Dr. Jeffrey Spiegel tells us what's changed — and what hasn't.



EVA KIS @thisiskis eva.kis@metro.u

Trans women undergo incredible changes, major and minor, to feel like their appearance can finally match how they feel inside. For some, the process isn't complete without cosmetic surgery to appear as feminine as possible. But who is facial feminization surgery for?

Dr. Jeffrey Spiegel, now a renowned facial feminization surgeon, began developing his technique 16 years ago when a trans woman first came to his office. Spiegel wasn't sure what to do — and there was no medical literature to guide him.

The eventual procedure was a success, which led to a continuing stream of referrals that changed his career. "I started thinking a lot about this interesting, unanswered question as to what makes a face feminine, and it became something I focused on," he says.

We asked the Bostonbased surgeon about why some women opt for FFS and what the post-Caitlyn Jenner era holds.

What do trans women want?

Though Spiegel says many of his transgender clients do request "a stunningly gorgeous look," most of them come in with one main concern — and it's not about how they see themselves: "I want to be able to answer the door without makeup and have someone not say, 'Good morning, sir.' I want my facial gender cues to send the right message without

having to put so much effort into it."

The woman in the mirror

Spiegel's patients often worry whether they will recognize themselves — and just as importantly, will people recognize them. "The answer is that you recognize yourself more, and people recognize you more," he says.

Consider this: Bill tells his colleagues that he is transitioning to becoming Susan. Though there may be a conscious understanding, it clashes with the masculine signals of his face being perceived by our subconscious. "Åfter surgery, she walks into the room, and the facial cues that are sent are 'Susan.' And they recognize you more: They see you not as a different person, but now they see you as yourself, and it's obviously you on a subconscious level.'

The Caitlyn Jenner Effect?

Though celebrities have been known to drive trends in surgery, both cosmetic and medical, Spiegel doesn't see Caitlyn Jenner changing the field of facial feminization. "The change is that now when Bill comes to his office and says, 'I'm Susan, I'm a transgender woman,' people are not going to be surprised by her. 'Oh, like Caitlyn Jenner!" he explains.

As for setting a new standard of femininity, Spiegel says that's out of the hands of everyone in the Kardashian clan: "This is thousands and thousands of years of evolution that have told us what feminine facial features are." Even cosmetic surgeons don't have a template; the search for the platonic ideal of femininity is ongoing.





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A new app wants to pay you to live healthier.



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When you're trying to make changes and live better, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free, iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviors can help create lasting lifestyle changes,' says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham and Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will keep snowballing as you use the app. "Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel. "We meet folks where they are today and help them step forward to create new healthy habits for themselves.

How it works

Do something good, tell Wellcoin, profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's accountability) so you get more points than just by claiming you took the stairs instead of the elevator. The app

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integrates with more than 200 others that track exercise, nutrition and more to keep you earning Wellcoins.

Beyond exercise

It's not just working out that gets rewarded. There are hundreds of activities that earn Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive check-ups. Ditched your daily Diet Coke for a water with lemon? That counts! Activities are worth between one and 180 Wellcoins based on several factors, including a time element that incorporates both short-term (how long you spent doing the activity) and long-term (its impact on your future health) effects.

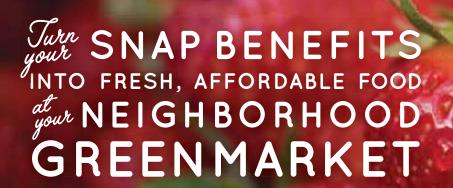
What you get

The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre, to reward its members. Wellcoins can be used through the app's marketplace for everything from gear (Puma sneakers, 20,000

Wellcoins) to discounts (\$10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

Why it works

The benefits of a healthier lifestyle can take a long time to appear or produce intangible results does a daily green juice, however healthy, sound appetizing? Probably not. Wellcoin provides immediate rewards, not just through the free swag but also a community all making the same small changes and cheering each other on.





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FANTASY FOOTBALL: GO THE SAFE ROUTE EARLY, THEN GET WILD

I would not have gone skydiving when I was 8 years old. My remaining life expectancy was far too great to take a risk like that so early. Now that I'm 32, relying on a parachute packed by some stoners at the foot of a mountain makes more mathematical sense. If the parachute doesn't open, I've experienced a lot on this planet, and it's been a good run.

We should think about fantasy drafts the same way. Target safe high-floor players in the early rounds, accept more risk in the middle rounds and take wild upside shots in the late rounds. If these late-round fliers (Rounds 11-14) don't work out, we can simply move along for a waiver-wire gem early in the season.

Dual threat QB

Some think waiting for the Cam Newton, Tony Romo, Eli Manning tier is practicing a late-round quarterback strategy. It's not. Letting those guys pass us by and then going with two high-upside cheapies like Sam Bradford and Jameis Winston creates more value shots in Rounds 7-10 at tougher positions. Bradford is fully healthy and at the controls of a Chip Kelly offense that has produced 65 total touchdowns out of quarterbacks over the last two years. Winston

NFL news

LeGarrette Blount couldn't pass his conditioning test at Patriots camp right away, but he's off and running now. The powerful Blount has reportedly run circles around the other backs, setting himself up to monopolize all early-down duties in an offense that no longer has Stevan Ridley or Shane Vereen. Blount, who has scored 16 times in 18 career games as a Patriot (including playoffs), is a fine mid-round target in touchdown-heavy leagues. The one-game suspension shouldn't affect his place on draft boards at all.

has a fantasy-friendly aggressive style, three big, strong weapons, a poor running game and an awful defense that will set up shootouts.

Second to one

Taking shots on secondary options in high-powered offenses is a smart move. Davante Adams has the trust of Aaron Rodgers, as evidenced by the 11 targets in last year's playoff game against Dallas. The Colts didn't use the No. 29 overall pick on Phillip Dorsett to have him sit on the bench. And whoever wins the No. 3 battle in New Orleans between Nick Toon and Brandon

Coleman will be worth a shot — Marques Colston is on his last legs.

the Bengals have a ton of mouths to feed, but he scored 10 touchdowns

Bet on talent

Another approach to mining for late-round fliers is selecting talent in spite of seemingly poor situations. A good example is Brian Quick, a 6-foot-3 specimen who is coming off a severe shoulder injury and plays for the low-powered Rams. Marvin Jones is having a shaky training camp, and

the Bengals have a ton of mouths to feed, but he scored 10 touchdowns while playing 48 percent of the snaps in 2013. If Victor Cruz (knee) can't get right and Rueben Randle can get his head on straight, he's a post-hype sleeper. And David Cobb

certainly has the ability to beat out Bishop Sankey in Tennessee.



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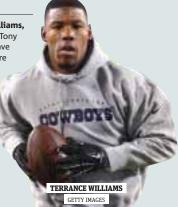
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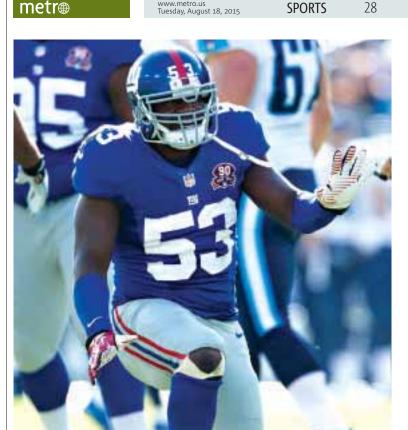
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McClain brings the 'thump' to Giants camp

NFL. Linebacker Jameel McClain's hard-hitting ways are becoming contagious.

The Giants may have a tattered secondary due to injury, but at least one unit is getting back a healthy body.

Linebacker Jameel Mc-Clain returned to practice this week, following a scary stinger that he suffered on Aug. 5. The veteran wasn't able to practice at all last week and missed the preseason opener in Cincinnati, so he was anxious to get back to work this week.

"I'm back," McClain said with a broad smile. "It's good to be back doing what I love, running around and having fun."

Running has been a big part of McClain's two days back, as he's been seen fly-

The Giants signed veteran free agent safety Brandon Meriweather this week.

Meriweather is a twotime Pro Bowler but has a history of taking bad penalties and getting flagged for unnecessary roughness.

ing around the ball during drills, and also running sprints on the sidelines any time he's not on the field.

He noted the recovery time set back his conditioning some, so any time he can get in a run, he does it.

"Running extra, any time I can, is good. I had a week or whatever off, so I have to make sure I'm getting in that extra work, extra running, in between drills," said McClain, who set up the extra sessions on his own without prodding from the training staff. "I

do gassers between each drill to try and get myself in better shape. I do more after practice, because when the game comes, there isn't any preparing for that."

McClain hasn't been told whether he'll play Saturday against the Jaguars. But as long as he's on the practice field, he'll work hard in trying to convince the coaching staff that all's well, and that this won't be a recurring injury due to his past neck issues when he played in Baltimore.

He noted that "injuries and [hard] hits are going to happen ... it's football," and added he's enjoyed "thumping" teammates in

"My goal is to hit somebody from the beginning, or at least raise the tempo for my teammates," McClain said.

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NOTICE IS HEREBY GIVEN that NOTICE IS HEREBY GIVEN that a license, Number 1287341 for, Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 138-A Court Street, Brooklyn, NY 11201 for on-premises consumption. Nature's Grill II LP, dfb/a Nature's Grill

NOTICE IS HEREBY GIVEN that a license, Number 1286823, for On-Premises Liquor has been applied for by the undersigned to sell Beer. Wine & Liquor at retail under the Alcoholic Beverage Control Law at 22 West 32nd Street, 2nd Fl., New York, NY 10001, for on-premises consumption. G Mission Inc. d/b/a Karaoke City

Notice of Formation of Vaststar LLC. Articles of Organization filed with the Sec'y of State of New York (SSNY) on 6/15/2015. Office location: Queens County. SSNY designated as agent of the LLC upon whom process may be served. SSNY shall mail process to: the LLC c/o 35-23 Farrington St., 2nd Fl., Flushing, NY 11354.Purpose: any lawful

NOTICE IS HEREBY GIVEN Notice of Formation of S & V

Wireless LLC Articles Organization filed with Secy. Of State of NY (SSNY) on 3/25/2015. Office location: New York County SSNY designated as agent of LLC upon who process against it may be served. SSNY shall mail process to: LLC c/o 1196 6th Ave., New York, NY 10036. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1286557, Restaurant Wine has been applied by the undersigned to sell Beer & Wine at retail under the Alcoholic Beverage Control Law at 22 West 32nd Street, 2nd Fl., New York, NY 10001, for onpremises consumption. Lan Sheng Restaurant Szechuan Food Inc.

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